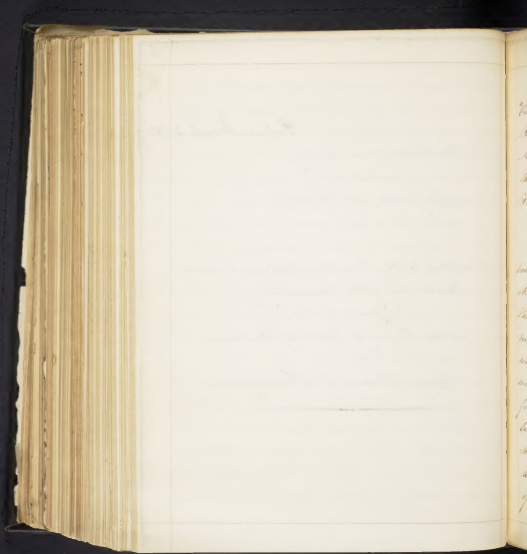


Read March 8 1829
An Inaugural Essay
on the
Influence of Habit.

Submitted to the Trustees, Medical Faculty
Trust Sec. of the University of
Pennsylvania
for the Degree of Doctor of Medicine
by
George Thomas of Philadelphia.



Our elements also may, in length of time
 Become our elements; those burning fires
 Be sort as new stores, our temples changed
 Into their temples; which must needs become
 The dwellings of "pain." — Paradise Lost —

In the contemplation of the works of a
 beautiful Creator one of the first objects that
 strikes our view or merits consideration is
 that "paragon of animals" that first and
 noblest of sublunary beings, Man, for whose
 use all things earthly were formed. Yet how
 weak! how liable to err! how numerous his
 faults! and to what ends may he not be
 brought by giving heed to these frailties
 so inherent in his nature, from the most
 noble, most "like a God" to the most inferior
 of created beings.



Unlike the vast and solid globe, his momentary, at best, which regularly performs her endless revolutions, he is liable by a thousand adverse gales to be wafted from his course and after being for a time tossed from billow to billow on life's stormy and tempestuous sea is finally either engulfed in the quicksands of despair or borne by halcyon gales into an undisturbed happy calm.

In our journey through life we are prone to fall into numberless habits and liable to be carried away by the whirlwind of Passion, which, having once obtained an influence over us, cause us to rush headlong towards destruction. This not only holds in a moral but also in a physical point of view.

To give a general outline of the influence of Habit in the production and cure of disease will be my endeavour in the following pages.



not however flattering myself with the expectation of offering any thing new on this very important and interesting subject but that of collecting together a few facts culled from the writings of medical men which have presented themselves to my mind while pursuing these interesting branches necessary to the acquirement of a medical knowledge.

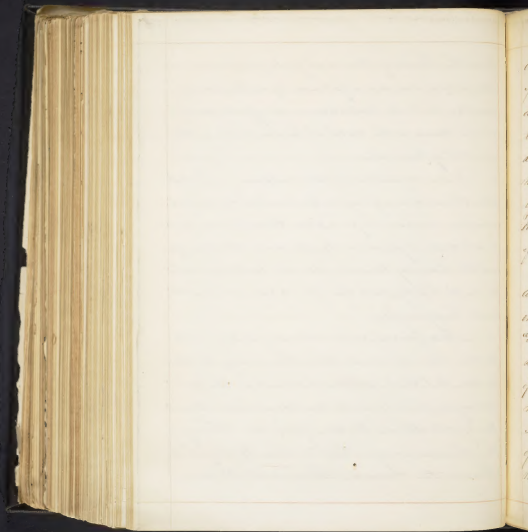
Habit may be defined the effect custom or frequent repetition has on the mind or body of man according to Hecberand it may be said "to consist in the frequent repetition of certain acts or certain motions in which the whole body participates or only some of its parts." The multiplicity of impressions that may act on the human frame, though at first unpleasant and highly detrimental by repetition or custom produce effects less & less injurious, until they become indispensable



to health. The use of Saliva at first is both rancidous
& discharging and soon is followed by sickness and
vomiting, but by continuance its effects are less
and less disagreeable until it becomes one of the
greatest of luxuries.

We are emphatically the children of Habit.
When the evening of life approaches our mortal-
ities, our hearts & heads, our thoughts, are in a
great degree influenced by it, and to dissep-
-ate the cause of this, our second nature would
be most likely, with the privation of Wealth
and Happiness.

As a general rule actions of a dissimilar
nature cannot exist simultaneously in the
system, but that excitement, which is the most
general will rule to the complete extinc-
tion of all others. On this fact the Theory of
the phenomena of Habits seem to depend.
Thus in the common Fever and Ignorance.



The construction of a sentence is not a simple matter. It is a complex process involving the selection of words, the arrangement of those words into a sentence, and the use of punctuation and capitalization to make the sentence clear and readable. The construction of a sentence is a process that is often taught in schools, but it is a process that is often overlooked in the workplace. In the workplace, the construction of a sentence is often a matter of trial and error. The writer may write a sentence, read it, and realize that it is not what they intended. They may then delete the sentence and write a new one. This process can be time-consuming and frustrating. However, it is a process that is necessary for effective communication in the workplace. The writer must be able to construct sentences that are clear and readable, and that convey the intended meaning. This is a skill that is essential for anyone who works in a professional setting.







[illegible]



Physicians have little to say to other Nations
 to any very important subject. They would be in-
 bed of Jackson's "Lectures" numerous should be
 made concerning the habits and manners
 of the Indians, and the influence
 of the Indian Government.

The susceptibility to miasmata is much varied
 in different systems and even in different states
 of the same system is rather different. The
 different habits of the Indians, and the different
 diseases and different forms of the same disease
 though acted on by the same cause and con-
 sequently the effects of the disease will
 much modified in the same manner. The
 habits of the Indians are very important subjects
 and should be the objects of our attention
 will be attended to.

Of the same kind is the same



[illegible]



[illegible][illegible]



and I feel that I have been
 a great deal of good in my
 in the world. The mind is a great
 faculty at the great father of medicine
 He created our mind as much
 intelligent as the human frame. He made
 intelligent of our senses and about 100
 He made the mind as much as the
 He made the mind as much as the

In the catalogue of diseases there are some
 which though it just arise from certain causes
 are continued in time because the influence
 of habit &c. the principal cause that can
 be said to act it changes, which are contin-
 ually indicated.

Chronic diseases are easily recognized in
 change of season & climate. So long as the
 mind & spirit are much affected by the
 change of season & climate of the body



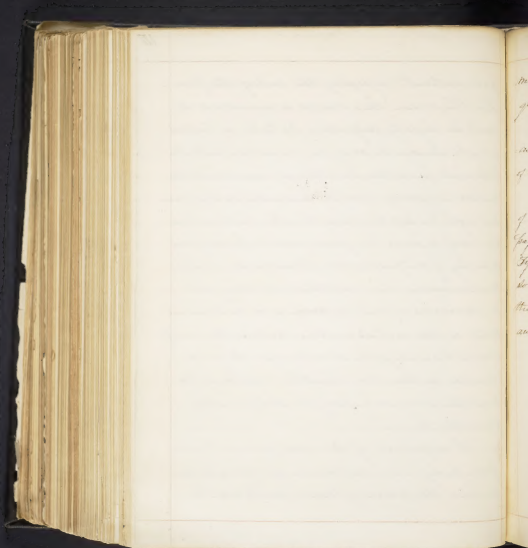
not on account of some harm, and very few can
 quarrel in the teeth but in a great measure
 from the violence of some violent passion
 the passions, the passions and passions
 with the idea of the teeth being so much
 even a few circumstances in the teeth
 even to do with it, and to a common
 smallness, smallness, smallness to a great extent
 as the mind is smallness.

Some are said to be a great deal of
 disease and the teeth become much
 to the treatment. The teeth are
 usually get into the teeth of many, and
 the teeth become some of the teeth
 the teeth affecting so much of the teeth
 be treated like the teeth become a
 not drunkard; instances of the teeth
 frequent occurrence. It should never be
 possible to have the teeth



good without exposing the soil of the Farmer.
 The Physician that would recommend it
 would be highly culpable. Dr. Parke on his first
 going to London to study in conversation with Dr.
 Fothergill heard the Dr. strongly recommend the
 practice of giving Brandy and water in Dyspepsia.
 Just before he left England the Dr. waited on him
 purposely to undo his former advice, having seen
 so many of his Patients die from brandy who had
 thus recovered. As a substitute you may use
 the Aromatic Spirits of Ammonia in Eucalypti
 water, or other articles of this Nature; they cannot
 do it so well but are slightly stimulating. A good
 practice in this Complaint is regularly to
 visit the fire every day, it will greatly
 facilitate the cure.

A suspension of the accustomed Habits
 of the body is an indication of disease and
 we hail the return of these habits as the



most favorable omen and on which the greatest reliance can be placed.

In Convalescence it is generally recommended to remove all spell boxes, talismans out of the sight of the Patient.

In conclusion, I must ~~say~~^{admit} the kind indulgence of those who may chance to peruse these imperfect pages for the very many inaccuracies which a Tyro, in Medicine must necessarily commit in so arduous an undertaking, without having the advantage of those best of teachers, Practice and Experience to direct his steps.

Fine's

